

Coronavirus Disease (COVID-19)

The Novel Coronavirus Disease (COVID-19) situation is rapidly evolving, therefore the general public is encouraged to check the Department of Public Health COVID-19 [webpage](#) and the CDC [website](#) for current information.

1. What are the typical symptoms of COVID-19?

Symptoms may include: cough, fever, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.

2. How is the virus spread?

Like other respiratory illnesses, human coronaviruses most commonly spreads to others from an infected person who has symptoms through:

- Droplets produced through coughing and sneezing
- Close personal contact, such as caring for an infected person
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

3. How can I protect myself while using public transportation?

As with other respiratory illnesses, there are steps that everyone can take daily to reduce the risk of getting sick or infecting others with circulating viruses. You should:

- Stay home when you are sick.
- If possible, leave about six feet of space between you and those who might be sick with a cough or fever.
- Use hand sanitizer with at least 60% alcohol after touching commonly handled surfaces such as poles, turnstiles, straphangers, or handles. Always wash your hands if they are visibly dirty
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Try to use buses and trains when it is not as busy. Leave earlier or later for work if possible
- When passing through turnstiles use your hip or the back of your hand

4. Should I be wearing a mask while using public transportation?

It is not recommended that people who are well wear a facemask to protect themselves from COVID-19 unless a healthcare professional advises it. Individuals with symptoms of COVID-19 or who have COVID-19 may use a facemask (if available) or a face covering when they need to leave their home for medical appointments.

Cloth face coverings like a bandana or towel should be used by the general public to cover the nose and mouth when they need to leave their home for a short period of time to obtain essential services or goods. It is important to note that these face covering are not a substitute for social distancing and other prevention measures like washing your hands regularly. These face coverings are used to help protect others if you have the infection and are not showing signs of infection yet. Remember it is important to save N95 respirators and surgical masks for healthcare providers and those providing care to those with COVID-19.

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5. What else can I do to protect myself?

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).

- Always check with reliable sources for the up-to-date, accurate information about COVID-19.
 - Los Angeles County Department of Public Health (LACDPH, County)
 - <http://publichealth.lacounty.gov/media/Coronavirus/>
 - California Department of Public Health (CDPH, State)
 - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>
 - Centers for Disease Control and Prevention (CDC, National)
 - <http://www.cdc.gov/coronavirus/novel-coronavirus-2019.html>
 - World Health Organization (WHO, International)
 - <https://www.who.int/health-topics/coronavirus>

If you have questions, and would like to speak to someone, call 2-1-1.